

Trinity Syrup

Elderberry (*Sambucus cerulean*),
Hawthorne (*Crataegus monogyna*),
Juniper (*Juniperus communi*)

This is a syrup of brandy & honey. Brandy preserves the medicine & honey gives nutritional value.
Syrup is similar to an elixir.

Elderberry (*Sambucus cerulean*)

"Some say that the plant itself is an elder to the plant communities around it, a gateway to the depths of the plant world." Stephen Harrod Buhner

Elderberry is most known for reducing the symptoms of cold and flu. Berries are high in Vitamin C and have a property not found in the other parts of the plant; they are used as a tonic to build the blood and combat anemia. Elderberry is also a probiotic. Dr. Shook says the berries cleanse and gently purge the stomach and bowels, promote perspiration, remove cold, sore throat, nasal congestion, bronchial catarrh, and asthma. Anti- viral

Hawthorne (*Crataegus monogyna*)

the "Everything's going to be ok" plant. A tall shrub in the rose family, hawthorn grows in open places, on roadsides, along streams and forest edges at low to mid elevations. In the spring, the flowers and leaves are prized for their medicine.

Hawthorn is a heart tonic. In the past its value has been confused with such drug plants as Digitalis & Strophanthus, but it's slow, gentle (even feeble), acts to strengthen weak functions or decrease excessive functions & has no part in overt heart disease. It can be taken regularly to repair and strengthen the heart tissue and normalize function.

Hawthorn, a mild coronary vasodilator, reduces in the peripheral vascular resistance, relaxes constricted blood vessels & increases blood supply to the heart. Ultimately reducing blood pressure.

Shown to lessen potential of spasms, angina, & shortness of breath in the middle age or older adult stage 1 impairment.

Hawthorn is valued in treating anxiety and panic attacks, relieving the effects of stress and insomnia. It has a strong relaxing effect on the central nervous system. Particularly helpful for those going through life transitions & dealing with grief. It can be taken daily as a nerve tonic, or as needed during stressful times.

Juniper (*Juniperus communi*)

Juniper is a potent anti-septic, diuretic, anti- arthritis, anti-diabetes.

And a dynamic antibacterial & antifungal due to volatile oils like sabinene, limonene, myrcene, & more, high in nutrients like Vit C

!! Avoid during pregnancy due to plant able to increase uterine contractions. !!

When a plant remedy is a syrup (rather than an elixir) be sure to refrigerate. Will keep for 2- 3 months.

Elixir & syrup for oral use only

Suggested dose::

5- 10 years old: 10 drops direct in mouth or in half glass of tepid water/ 2-3x daily

Young Adults: 1 dropperful in half glass of tepid water/ 3x daily

Adult: 1 dropperful in half glass of tepid water/ 3x daily

Contraindication:

People who already have low blood pressure

Rusty Moon Botanicals
Return to the Earth